

**Submission  
No 1311**

## **INQUIRY INTO BIRTH TRAUMA**

**Name:** Josephine Harrison-Cobby

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### My birth trauma:

- I had an episiotomy to assist in the delivery, I was given a local anaesthetic, and the doctor did not wait long enough for the effectiveness of the anaesthetic to kick in - I felt that incision and it was excruciating.
- after I had given birth, the doctor needed to stitch the episiotomy cut and was very rough - using way too much force to pat away the blood and fluids so he could do the stitches. There was a real lack of gentle care. The indifference and very apparent lack of concern for being gentle in stitching me up still astonishes me 11 years later.
- I have been left with a weak pelvic floor resulting in bladder leakage when I sneeze; cough, do any exercise that involves jumping or running. Was told that it was normal and to just accept it. And while I did do extensive physio therapy and continue to do pelvic floor strengthening exercises I have only had limited improvement. The leakage is still significant enough to need to wear pads on a daily basis so I don't wet myself if I suddenly sneeze or need to quickly run for whatever reason. I do know now that there are treatments (like the Emsella chair) available but they are not within my means to afford. Would be really life changing if treatments for birth related trauma were subsidised and more accessible. I have lived with this for over 11 years now. It is depressing, high maintenance and often inconvenient.